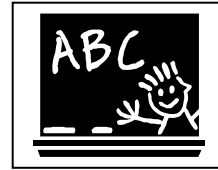


Parenting 101: How to Help Your Child

October 2008 Edition

Jen Hegerty, School Counselor



Happy October and hello to fall! I am Mrs. Jen Hegerty, School Counselor at Brookside and Wilson Hill Schools. During September I have been busy running new student groups as well as teaching in Kindergarten and First Grade. I will be finishing up Kindergarten and First this month and moving into Second and Third Grade. Also this month I will be going into each class and showing the Worthington Schools Youth Safe Video that was selected by the district elementary school counselors. Each DVD is age appropriate and helps kids understand about personal safety and stranger danger. Email me if you have any questions or would like information on the copy of the DVD's shown at each grade level.

I will be starting my fall groups in the next couple of weeks. If you see a group your child can benefit from, please email me and I will make sure to include them. I run the **chicken little group** (worrying and anxiety), **friends group** (friendship skills and problem solving), **girlfriend group** (bullying and relational aggression), **volcano group** (anger), **study skills group**, **good grief group** with support from Riverside Hospice Outreach Program, and **family changes group** (divorce, remarriage, separation, or any relationship termination). If you ever need to reach me about a concern or problem or even just need to pick my brain for resources, I can be reached easiest by email: jhegerty@worthington.k12.oh.us. I am at Wilson Hill on Mondays, Wednesdays, and Fridays and Brookside on Tuesdays, and Thursdays.

Where's your manners and word of the month program.

In Worthington Schools we, celebrate the word of the month program in collaboration with the group Citizens for Characters and Citizenship and Circle of Grandparents. This year we have added the manner of the month to the mix to help students practice their manners. Help us help you by practicing the manner of the month at home. Ask your student to use their manners and wait for them to say what they want or need by saying it appropriate.

Manner of the Month: Achoo-Gusundheit! Savvy Sneezing.*

Talk about how sneezing inappropriately can spread germs to others and show how to cover your mouth when you sneeze with your hand, using a tissue, or even best yet, sneeze into your elbow! This way we help keep others around us healthy by practicing this manner of the month.

(Gusundheit is a german blessing following a sneeze which means "To your health" from Manners, Please! 1995)

Your sneeze exploded in the class
My teacher caught the flu!
The cold spread all around the room
We didn't know what to do?

We coughed and blew our noses
This story's sad but true.
A virus caused our sniffles
And we caught it all from you!

Our throats are sore and scratchy
It's spreading through the school
So cover up a cough or sneeze-

ACHOO! ACHOO! ACHOO!
(Manners, Please! 1995)

Word of the Month: Responsibility

Definition: We show responsibility by being helpful to others, thinking and following through on our actions, and by fulfilling our duties or obligations as a student, worker, and family member. Talk to your students about what it means to be responsible. (Partners for Citizenship and Character)

Let's get talkin' about : Family Discussions

For older grade kiddos (3-6):

1. What does it mean if you mess up, 'fess up?
2. Who do you look up to that is a responsible person? Why?
3. When you blame others, you give up your power to change. What does this mean to you?
4. Who do you look up to that is a responsible person? Why?

For younger grade kiddos K-2:

1. What responsibilities do you have at school?
2. What responsibilities do you have at home?
3. How can you be a more responsible kid?
4. Who do you look up to that is a responsible person? Why?

(<http://www.quotegarden.com/responsibility.html>)

Cards for Kids or Wolves for Cubs- Good Program!

Cards for Kids and Wolves for Cubs are two programs that get trained high school students mentoring elementary students. Cards for Kids is for Thomas Worthington HS feeder elementary schools (Wilson Hill) and Wolves for Cubs is for Worthington Kilbourne HS feeder elementary Schools (Brookside). Teachers will make referrals based on if a student could use:

- a role model buddy
- help with academic work
- someone to talk and play games with at school
- a lunch buddy that visits regularly
- a recess buddy to help build social skills on the playground

The high school student comes once or twice a week and works with the student and builds a relationship. The high school student is trained to become a mentor and has adult and student coordinator that they report to during the year. The elementary teacher is in

contact with the high school student throughout the year. If you have a child that could benefit from this program, please contact Mrs. Hegerty or your classroom teacher.

www.KidsHealth.Org and www.TeensHealth.Org

Are you looking for a good website that gives you weekly parenting info? Here are two great sites that I subscribe and receive e-newsletters from. Check them out if you like it, sign up for the weekly newsletters. It may be the best thing to help you keep informed about health and parenting of kids, pre-teens, and teens.

Financial Woes? How to Talk to Kids When Money Is Tight

Saying "no" to your kids can be hard. Here are some age-appropriate ways to discuss financial matters when times are tough, while still finding ways to have fun.

- Use the KISS method when talking to your children (Keep It Simple, Simple). Don't go into great detail that may worry them or maybe over their heads.
- Be clear about the changes to the family budget. Kids need to know the boundaries and if you are specific such as, "We need to conserve our money so we are going to get rid of the cable."
- Remain calm if your child has a melt-down over a want. Take a deep breath and let it go. Remember to stick to the guidelines and reject the pleas. Delaying gratification helps children to understand the difference between "wants" (extra material stuff) and "needs" (rent, food, and utilities).
- Make a family wish list and when a "want" comes up, place it on the list. When the "want" is met or the want for it is gone (delay gratification has proven to be good with little ones whose needs change hourly) cross it off the list.
- Have a family meeting to talk about it. This will help the kids get on board and problem solve ways to be frugal at home.
- Forego treats for a while. Talk about changes that can be made in the food budget. Make a grocery list and stick to it. Have your children cut coupons and look in the grocery ads for weekly deals. You can teach them savvy shopping by having them try to create the least expensive grocery list based off the meal selection for the week. Award them with game night or a movie night (go to the library and check out a DVD- free).
- Look for fun activities you can do as a family that are free or cheap. Going to the movie theater is costly but going to Family Night at the Worthington Community Center on Friday nights is free! They also have a reduced cost of \$3 per person to swim! Take advantage of free stuff in the community.
- Be creative during this tough time. If you need help, contact Mrs. Hegerty for support! (adapted from: www.kidshealth.org)

Help during the Holidays, Confidential Help for Families

Are you in need of helping during the holidays because you have lost your job, had a family crisis, or are struggling to keep up? If you or someone you know who attends

Worthington School District can be referred to this program. For Thanksgiving, **Thanksgiving Food Baskets** are provided by the St. Vincent De Paul Society and for Christmas **The Adopt A Family** Program is a program where local families adopt a family for the holidays and provide a holiday dinner from the St. Vincent De Paul Society Food Pantry and gifts for the children. The amount of gifts per child is limited. Please see Mrs. Hegerty immediately because forms for this opportunity are the end of October!

Growing Up: Development and Changes of Age Seven and Eight

As children grow and develop, we as parents see certain behaviors and marvel over them. Here are some highlights that maybe going on in your kid's life:

Age Seven:

- Got Fears? Your Seven's attitude about school may be bit different this year. Seven may accept school without protest but may also be thinking, "This is too hard. Get ready for a year of self-inspection. Help by being a good listener and supporting and asking Seven questions about solving fears.
- Hurry up and wait! You may see Seven rushing and anxious about time. Help seven by calm his timing worries by setting alarms, pointing out time, and making a schedule together so Seven knows what to expect and worries are solved.
- "Why do I have to?" Resistance may be about reason. Seven thinks about the situation now. This maybe a reply to things Seven resents. If Seven acts out, he/she may think about it later and wonder why Seven acted foolishly. Respond to Seven's resistance after Seven is calm with a hug and a, "I don't like what you did, but **I still love you!**" (Growing Up K-3 www.growingchild.com)

Age Eight:

- Discovering and enjoying what make Eight tick! Eight may be high spirited, energetic, and judgmental all in one! You might notice Eight being more self-assured and action oriented, more a person by adult standards, a positive person, rapid in Eight's responses, more perspective of other's responses, more conscious of what happens to Eight, curious and exploring, Drama king or queen, and hypercritical, especially of best friend and parents. If so, soak in the good stuff and set boundaries by problem solving with Eight about treatment of others, including you. Help the thinker learn and think!
- Talk, Talk, Talk! Eight may just talk your ear off. You may hear more details than you want to know. Listen to what Eight has to say. Use eye contact and reflect back what you hear. Help Eight practice being expressive.
- Punctual is the norm. Their increased speed and ease of movement make them less vulnerable to the demands of time. They look forward to school even if they don't like the work. Remember, Eight's friends are there! (Growing Up K-3 www.growingchild.com)

Next month: Ages Five and Six!

'Tween Years: Growth and Development of Age Eleven and Twelve

Age Eleven: School Phobia: When Eleven doesn't want to go to school.

- Eleven feels sick and stays home from school. By 9:00 AM, he/she is feeling fine. This may be the start of school phobia. Fear and anxiousness of school can cause children to have stomach aches, head aches, nausea, and other miscellaneous ailments because Eleven isn't working through the symptoms of stress he/she has created.
- First step is talking to Eleven about the symptoms. Ask questions about what may be going on at school to cause it and help Eleven to problem solve ways to work through it.
- Visit the doctor if symptoms reoccur and days are missed to rule out a health problem.
- Set up a schedule or a checklist of what needs done so work is completed and responsibilities are done to alleviate school stress.
- Use an incentive to get Eleven on track. Incentives can be as easy as inviting a friend home or movie night. Start out with 3 successful days for several times, then 4, then 5. After getting to a week for several consecutive weeks, go longer until you don't need an incentive and Eleven has made it a habit.
- Get the school involved. They may have some insight on what to do to help and can support you on the road to getting Eleven back on track.

Age Twelve: How important are peer groups?

- By the time Twelve is in the 6th Grade, the influence of the group of peers is changing. Self-awareness has increased and independence is developing. But peer groups may bring uncertain challenges.
- Let Twelve see you making decisions, everyday decisions. Let him/her see you consider your options. Talk about pros and cons and how they affect decision making.
- Talk about the satisfaction of thinking for yourself- taking responsibility for your actions not following what others do.
- Give recognition and praise when Twelve acts on a personal conviction instead of a group's opinion.
- Get to know Twelve's friends. Have them over and talk with them. Then talk to Twelve about things you see and he/she sees in friends.
- Listen to Twelve's opinions- particularly if they are different from your own. Twelve may need you to be a "sounding board" for some new ideas.

Next month: Age Nine and Ten!